



*Cobb County...Expect the Best!*

# North Cobb Senior Center

770-975-7740

## Ongoing Activities

Seniors age 55+ are welcome to participate between the hours of 8:30am and 4:30pm.

### MONDAYS

	Class	Cost	Dates
9:00 - 10:00 am	Focus on Fitness*	FREE	weekly
9:00 - 11:00 am	Woodcarvers	FREE	weekly
10:15 am - 12:15 pm	Intermediate Table Tennis*	FREE	weekly
12:30 - 3:30 pm	Open Bridge	FREE	weekly
1:00 - 4:00 pm	Hand and Foot	FREE	weekly

### TUESDAYS

9:00 - 10:00 am	Focus on Fitness*	FREE	weekly
9:00 - 1:00 pm	AARP Driver Safety*	\$12.00/ \$14.00	1st Tues & Thurs
9:00 - 10:00 pm	Blood Pressure	FREE	1st Tues
10:00 - 11:00 am	Focus on Fitness*	FREE	weekly
11:30 am	Celebrity Singles	Dues	1st Tues
1:00 - 4:00 pm	Mexican Train Dominos	FREE	weekly
1:30 - 3:30 pm	Sew & So's	FREE	weekly

### WEDNESDAYS

9:00 - 12:00 pm	Paint for Fun (no lessons)	FREE	weekly
10:00 - 11:00 am	Golden "K" Kiwanis		weekly
12:30 - 3:30 pm	Open Bridge	FREE	weekly
1:00 - 4:00 pm	Hand and Foot	FREE	weekly

### THURSDAYS

8:30 - 9:30 am	Strength Training*	FREE	weekly
9:00 - 1:00pm	AARP Driver Safety*	\$12.00/ \$14.00	1st Tues & Thurs
9:30 - 10:30 am	Focus on Fitness*	FREE	weekly*
10:00- 12:00 pm	Blood Pressure	FREE	3 <sup>rd</sup> Thurs
10:45 am - 12:30 pm	Open Table Tennis*	FREE	weekly
11:00 - 2:00 pm	Pinochle	FREE	weekly
1:00 - 4:00 pm	Scrabble	FREE	weekly
1:00 - 4:00 pm	Rummikub	FREE	weekly

### FRIDAYS

10: 00- 12:00 pm	American Mah Jongg	FREE	weekly
11:00 am	Bookworms Club	FREE	1 <sup>st</sup> Friday
1:00 - 3:00 pm	Bingo Bonanza*	\$3.00/ \$4.00	monthly
1:00 - 3:00 pm	Film on Friday*	FREE	monthly
1:00 - 4:00 pm	Hand and Foot	FREE	weekly
1:00 - 4:00 pm	Paint for Fun (no lessons)	FREE	weekly

**\*Requires advance registration**

December 2008